



*It's not **just** school lunch. It's bigger than that.*

**IT'S  
TRYING  
A NEW  
VEGETABLE.**

# KALE CHIPS

School meals now do a better job of giving your kids the healthy foods they need. Provide some of the new foods offered in the school cafeteria at home. Some examples include: spinach, cherry tomatoes, legumes, sweet potatoes and kale. Need a fun recipe for kale? Here you go!

**Produces:** 12, 1/2 cup servings

**Ingredients:**

- 1 pound of kale, rinsed and dried
- 2 tablespoons olive oil
- 2 teaspoons of salt

**Instructions:**

1. Preheat oven to 450 degrees.
2. Remove the stems from the kale leaves and cut into 4-5 inch pieces.
3. Toss kale pieces with olive oil and salt.
4. Spread kale on a baking sheet and place in oven.  
Turn the oven off.
5. Bake for 15 minutes and remove from oven.
6. Let cool and enjoy!

**For other great recipes that kids will love,  
visit: [www.eatright.org/kids/](http://www.eatright.org/kids/)**

**FOR MORE FACTS ABOUT SCHOOL LUNCH VISIT:  
[schoolmeals.educateiowa.gov](http://schoolmeals.educateiowa.gov)**

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